

CareConnection

Winter 2014

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A HEART-TO-HEART ON PREVENTION

Victoria's life-saving cardiac screening

"What if it's something?" This was the thought that occupied Victoria Clerkin's mind last spring. During a sightseeing trip to our nation's capital, Victoria experienced chest pain.

"It began as a cramp in my left shoulder. Soon, it was like a burning coal in the center of my chest," she says. "It was very strange because the pain was only there when I was walking. When I stopped walking, the pain stopped."

BEING PROACTIVE

Once home in Huntington Beach, Victoria went back to her normal life, working part-time and babysitting her three grandsons. "I felt fine, but I needed to be sure. I didn't want to end up in an ER as a statistic so I decided to be proactive, not reactive," she says.

FACT: Heart disease is the number-one killer of men and women in the U.S.

FACT: More than one in three adults currently live with one or more types of cardiovascular disease.

FACT: Eighty percent of heart attacks are preventable.

While researching her symptoms, Victoria found the Women's Comprehensive Cardiac Health Program at Orange Coast Memorial. To assess each individual's risk, the comprehensive cardiac screening uses various markers such as body fat analysis, an electrocardiogram (EKG) and cholesterol and blood sugar testing. The program's goal is to promote lifestyle changes and early medical intervention to help reduce the risk of heart disease.

DEFINITIVE ANSWERS

Within 24 hours of the screening, Victoria had answers. Although her EKG was normal, her blood test revealed high cholesterol and high blood pressure.

Victoria Clerkin enjoying her bike ride with her terrier, Rocco.

Sweetheart Screening

Awareness powers prevention! Join us for our annual Sweetheart Screening where you and your loved ones can learn how you can be heart smart with a complete diagnostic cardiac screening. Please see our calendar section for more details.

"During my one-on-one follow-up consultation at Orange Coast Memorial, I could see the look of concern on my nurse's face. She explained that my condition was worrisome and that I needed to see a cardiologist right away," says Victoria. "Although I had an appointment scheduled in two weeks, she moved it up to the very next day."

Arvind Nirula, M.D., interventional cardiologist at Orange Coast Memorial, diagnosed Victoria with angina pectoris, or chest pain caused when blood flow to an area of the heart is decreased.

"Victoria had classic angina symptoms – she felt pain upon exertion. Her high cholesterol indicated a gradual build-up of plaque in her coronary arteries, restricting blood flow to her heart and causing pain. Her high blood pressure put her at higher risk for a heart attack," says Dr. Nirula. "These symptoms were a warning. We decided to forego non-invasive testing and go straight to the cardiac catheterization lab for answers."

Dr. Nirula performed a coronary angiogram to look at Victoria's heart vessels. His suspicions were confirmed: Victoria had a 95 percent blockage of a coronary artery. He placed a stent to open the vessel and restore blood flow to the heart.

"The procedure was simple. I went home the next day and was back to work in three days, feeling great and normal," says Victoria.

SAFEGUARDING WOMEN'S HEARTS

Today, Victoria has changed her diet and lost 10 pounds. She's back to walking her terrier, riding her bicycle and playing tag with her grandkids.

"I'm so glad I didn't ignore my symptoms. I could've had a heart attack at any moment. The Women's Comprehensive Cardiac Screening at Orange Coast Memorial is truly life saving. I'm proof of that."



For only \$85, you can learn your cardiac risk. To schedule an individualized, comprehensive heart screening, call (714) 378-7234 or visit memorialcare.org/heart.

SAFER WITH A SECOND OPINION

Surgical options in heart surgery



Daniel Bethencourt, M.D., medical director of cardiac surgery at MemorialCare Heart and Vascular Institute.

Bicycling along the Huntington Beach coastline and playing lunch-hour basketball helped David Verone, 54, stay in shape. Then came the day when simply walking up a flight of stairs took his breath away.

Like 2.7 million other Americans, David was diagnosed with atrial fibrillation (AFib) – an irregular heartbeat that often leads to stroke or heart failure.

David consulted with a cardiac surgeon: his heart's mitral valve needed repair. "In addition to my AFib, I also had mitral valve regurgitation which meant my heart valve didn't close properly. The surgeon planned to do a sternotomy where he would cut open my chest. I know people alive today because of open heart surgery, but with a zipper scar down their chests. They don't feel comfortable wearing button-down shirts or seatbelts, and it hurts to be hugged. My motto has always been to get a second opinion. I followed my own advice."

Thanks to a close friend, David found cardiac and thoracic surgeon **Daniel Bethencourt, M.D.**, and Orange Coast Memorial's Second Opinion Program. "Many patients aren't told that they may be candidates for less invasive, alternative techniques, like robot-assisted surgery. David didn't need a sternotomy. He was wise to seek a second opinion at Orange Coast Memorial," says Dr. Bethencourt. "MemorialCare performs the most cardiac robot-assisted surgeries in Southern California. Our expertise differentiates our patient care."

Just days after his surgery, David adds, "I'm already walking around. I feel so much better. I can't wait to get on my bike and outrun my buddies on the basketball court in just a couple more weeks. All I have to say is get a second opinion. See Dr. Bethencourt. It's worth your time."



For more information visit memorialcare.org/heart or call (562) 988-9333. Scan this QR code to listen to a podcast by Dr. Bethencourt and learn more about robot-assisted mitral valve surgery.

CLASSES AND EVENTS

Register for events and classes online at memorialcare.org/classes or call 1-800-MEMORIAL (1-800-636-6742).



FEB 13: Sweetheart Screening

Annual Sweetheart Screening

Thursday, Feb 13, 4 – 8 p.m.

Take your sweetie for a heart screening. All couples and loved ones are welcome to this complimentary cardiovascular screening. Bring your sweetheart to get a screening with you and enter our Sweetheart Screening drawing for a Valentine's Day heart-healthy gift basket. Screenings will include blood pressure, stroke, body fat composition, pulse oximetry, total cholesterol (non-fasting) and glucose. Screenings will be provided by Orange Coast Memorial Medical Center and our medical group partners. Refreshments will be served. Registration is required. By appointment only.

March for Hope

MAR 16: March for Hope

March for Hope Champagne Brunch

Sunday, Mar 16, 11 a.m.
Center Club in Costa Mesa

The Community Advisory Council for the OCMC Cancer Institute is hosting the third fundraiser for Cancer Patient Services.

- The honorary chair is Mrs. Joanne O'Heany
- Special Guest: Mr. Michael Ramirez, two-time Pulitzer Prize winner and editorial cartoonist
- Silent and live auction
- Tickets are \$90 and checks should be made payable to OCMC Foundation

For further information and to purchase tickets, please contact Director of Oncology Services, Nancy Lean, M.S.N., M.H.S., at (714) 378-7900.

PEOPLE OF ALL AGES

Smoking Cessation

Mondays, Jan 13 – Feb 17, Mar 24 – Apr 28,
May 19 – Jun 23, 6 – 8 p.m.

The OCMC Cancer Institute is pleased to offer the American Lung Association Freedom From Smoking class. This is a 7-week course taught by a certified facilitator. Please call (714) 378-7650 to register or for more information. Cost: \$30 per 7-week session.

Avoiding Exercise-Related Injuries

Tuesday, Jan 21, 6 – 7:30 p.m.

People who are just beginning workout routines are especially prone to exercise injuries, but they can also happen to experienced athletes. Join Adam Wass, M.D., a board-certified family medicine physician with MemorialCare Medical Group, as he discusses the signs, symptoms and treatment of workout injuries and how to avoid the most common exercise injuries. Registration required.

Relief for Severe GERD

Thursday, Feb 20, 6 – 7:30 p.m.

More than 30 million Americans suffer from acid reflux each month. According to studies, symptoms of reflux and heartburn nearly doubled in the last decade. Join Atif Iqbal, M.D., F.A.C.C.S., F.A.S.M.B.S., and medical director of the MemorialCare Digestive Care Center at Orange Coast Memorial, as he discusses signs, symptoms and latest treatment options for those who suffer from GERD. You can find relief!

Fibromyalgia: Coping with the Pain

Tuesday, Mar 4, 6 – 7:30 p.m.

Fibromyalgia is a chronic pain condition that impacts nearly five million Americans. This complex condition includes symptoms of pain, loss of sleep and depression. Please join Immanuel Hausig, D.O., a board-certified family medicine physician with MemorialCare Medical Group, as he discusses how to identify and manage this disease.

Disorders of the Thyroid

Tuesday, Apr 8, 6 – 7:30 p.m.

Thyroid problems such as underactive thyroid, overactive thyroid, and thyroid nodules are among the most common medical conditions, but because their symptoms often appear gradually, they are commonly misdiagnosed. Please join Jo Lieberman Pan, M.D., a board-certified internist with MemorialCare Medical Group, as she discusses common signs and symptoms, and diagnosis and treatment of the various thyroid disorders.

The ABCs of Hepatitis

Tuesday, May 13, 6 – 7:30 p.m.

Hepatitis is an inflammation of the liver, most commonly caused by a viral infection, which if untreated can cause long-term damage. There are five main hepatitis viruses, referred to as types: A, B, C, D and E. Please join Kim Trinh, M.D., a board-certified internist with MemorialCare Medical Group, as she discusses signs, symptoms and different treatments for the five types of hepatitis.

BREAST CARE

The Journey: Breast Cancer Support Group

First and third Thursday of every month
Noon – 1:30 p.m.

This is a special group for women at any stage of the breast cancer experience, as well as their female family members and friends. This group provides educational information, supportive discussion and embraces vital breast cancer issues and concerns.

PARENTING & CHILDBIRTH

Childbirth Classes

Wednesdays, Jan 8 – 29, Feb 12 – Mar 5,
Mar 19 – Apr 9, Apr 23 – May 14
6:30 – 8:30 p.m.

Condensed Saturday Class

Feb 15, Apr 19, 9:30 a.m. – 4 p.m.

A four-week preparation course designed for first-time parents that covers the physical and emotional changes in an expectant mother's last trimester, the labor and delivery process and relaxation and breathing techniques. Cost: \$90 per couple.

Baby Care Basics

Saturdays, Jan 25, Feb 8, Mar 22, Apr 12, May 17
10 a.m. – Noon

This one-day class will discuss the basics of caring for your new baby. Topics include diapering, bathing, feeding and newborn behaviors. Parents will also be educated on newborn safety. Cost: \$25 per couple.

Maternity Tour

Wednesdays, Feb 5, Mar 5, Apr 9, May 7
6 p.m. or 7 p.m.
Sundays, Jan 19, Feb 16, Mar 16, Apr 20, May 18
2 p.m. or 2:45 p.m.

This tour is designed for expectant parents and includes a tour of the maternity center, as well as information on preadmission. Cost: Free of charge.

Breastfeeding

Saturdays, Jan 11, Feb 1, Mar 1, Apr 5, May 3
10 a.m. – Noon

A one-day class will teach breastfeeding, positioning and attachment, health benefits for the baby and mom, breastfeeding for the working mom and how to pump and store breast milk. Dads are encouraged to attend. Cost: \$25 per couple.

Breastfeeding Clinic

Wednesdays, 1 – 4 p.m.

This clinic is provided for follow-up breastfeeding care for infants of all ages. Mothers may come to the open clinic between the hours of 1 – 4 p.m. and receive assistance for issues such as sore nipples, baby not latching, low milk supply, going back to work or any other breastfeeding concerns. Mothers are also welcome if their baby is breastfeeding well for social support. Cost: \$20 per mother.

CANCER CARE

Prostate Support Group

First and third Tuesday of every month
6 – 7:30 p.m.

This group provides supportive discussion and educational information for prostate cancer patients, family members and friends. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Lung Cancer Support Group

Fourth Wednesday of every month
6 – 7:30 p.m.

Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300. To register, please call (714) 378-7650.

Support Connection

First and third Tuesday of every month
Noon – 1:30 p.m.

This is a general cancer support group for women undergoing treatment for any kind and at any stage of cancer or who have had a recurrence or metastatic disease. Attendees will connect with others and receive educational information, and compassionate support. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Transitions/Bereavement

First and third Wednesday of every month
6 – 7:30 p.m.

This group provides support for adults who have recently lost a loved one to cancer. Pre-registration is required. Please call (714) 378-7950. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Look Good Feel Better

Mondays, Jan 6, Feb 3, Mar 3, Apr 7, May 5
10 – 11:30 a.m.

Are you currently undergoing chemotherapy or radiation therapy treatments? If so, then spend a morning with us learning creative make-up tips and stylish ways of wearing turbans, scarves and hats. Registration is required.

PARKINSON'S SUPPORT

Dance for Parkinson's

Mondays, 10 – 11:15 a.m.

Dance for Parkinson's, based on the Mark Morris Dance Group's acclaimed Dance for PD model, offers dance classes for people with Parkinson's disease. You will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. For more information, please contact Teri Brown, APDA Coordinator, at (714) 378-5022 or by email at tabrown@memorialcare.org. Held at 18225 Brookhurst St., Suite #12.



February is American Heart Month

Listen to medical director of non-invasive cardiology at Orange Coast Memorial, Robert Greenfield, M.D., discuss how to prevent heart disease.



Steps Forward – A Parkinson’s Disease Exercise Class

Tuesdays and Fridays, 10 a.m.

This exercise class focuses on yoga exercises and stretching styles specifically designed for patients with Parkinson’s disease symptoms. **Please contact Kathy Jurgensen at (949) 279-2356 to register.**

Parkinson’s Caregiver Support Group

Second Tuesday of every month, 10 – 11 a.m. Orange Coast Memorial – Conference Room B

This support group is designed to help caregivers come to a better understanding of the disease, learn practical tools for providing care for their loved one, communicating and taking better care of themselves. It allows caregivers to address their concerns with sympathetic listeners who share their experiences. Registration is not required. For questions, please call Teri Brown at (714) 378-5022.

Parkinson’s Disease Support Group

Third Thursday of every month, 10 – 11 a.m.

American Parkinson’s Disease Association (APDA) support groups are designed to help patients and their families understand and cope with a loved one’s condition. The group offers guest speakers, education, art therapy and a time to share and learn with your fellow PD community. Refreshments are served and caregivers are welcome. **Please call (714) 378-5022 or (877) 610-2732 to register.**

Young Onset Parkinson’s Support Group

First Wednesday of every month, 6 – 7:30 p.m.

American Parkinson’s Disease Association (APDA) Young Onset Parkinson’s Support Group is designed to reach those who are newly diagnosed and under the age of 50. This support group is designed to help patients and their families understand and cope with a loved one’s condition. This support group offers guest speakers, education, and a time to share and learn with your fellow PD community.

SCREENINGS AND PREVENTION

Do Your Part for a Healthy Start

Tuesday, Jan 28, 2 – 4:30 p.m.

Beach Family Doctors

9131 Adams Ave., Huntington Beach, CA 92646

Start off your New Year healthy at this screening event hosted by Beach Family Doctors and Orange Coast Memorial Medical Center. Enjoy complimentary body composition and total cholesterol screenings, refreshments, and a gift for attending. Bonnie Cheung, M.D., a family medicine physician with Greater Newport Physicians, will be available to discuss screening results with attendees. **For reservations, please call (714) 845-5900 Ext. 7.**

Women’s Heart Screening

Cardiovascular disease is the leading cause of death in women over the age of 25. Orange Coast Memorial is dedicated to keeping your heart healthy with our Women’s Cardiac Health Program. Our \$85 comprehensive cardiac screening includes:

- Complete medical and family history and health risk assessment survey
- Blood pressure, weight, body mass index (BMI), body fat analysis
- Cholesterol and blood sugar testing, electrocardiogram, ankle brachial index testing
- Personal plan and coordination of care

To schedule your screening, call (714) 378-7234.

CT Lung Cancer Screening

Orange Coast Memorial offers low-cost screening CT scans to patients who meet the established risk profile. Exams are conducted without intravenous contrast and performed according to the guidelines of the ACR for low-dose radiation technique.

The radiation dose is equivalent to 4 – 5 chest X-rays. Call (714) 378-7900 and ask to speak to our dedicated oncology nurse navigator. *Must meet all three requirements: (1) Age greater than 50. (2) A history of having smoked for at least 30 years. (3) Still smoking or have quit within the last 15 years.*

MEMORIALCARE CENTER FOR OBESITY AT ORANGE COAST

The MemorialCare Center for Obesity at Orange Coast Memorial is an official Bariatric Center of Excellence, as designated by the American Society of Metabolic and Bariatric Surgery (ASMBS). For more information about the program or to speak with one of our counselors, please call 1-877-HEALTHY.

Surgical Weight-Loss Support Group

Every Monday except the fifth Monday of the month, 6:30 – 8:30 p.m.

Support meetings for patients who have undergone surgical intervention for treatment of clinically severe obesity. Any individual who is considering having a bariatric surgery procedure is also welcome. Meetings are conducted by clinical psychologist Diane LeMont, Ph.D.

Strength Training Before and After Weight-Loss Surgery

Tuesdays, 6:30 – 7:30 p.m.

This exercise class is specifically designed to meet the needs of patients prior to and after weight-loss surgery. Orange Coast Patient Care Pavilion: 18111 Brookhurst St., Ste. 2450. To register, call 1-877-HEALTHY. Cost: \$60 per 6-week session.

FOR SENIORS

The following health education classes are open to all seniors age 55 or better, and are free to SENIOR PLUS members. Fees vary for non-members by class. Reservations are required for all classes. For reservations and fees, visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742) unless otherwise noted in the class description.

“Care” in Caregiving

Wednesday, Jan 22, 11:30 a.m. – 1 p.m. Orange Coast Memorial

Caring for a loved one with dementia brings special challenges for caregivers. Join Michele Cooper, G.N.P., a geriatric nurse practitioner with MemorialCare Medical Group, as she discusses important steps caregivers can take to ensure their own well-being while still providing quality care to their loved one. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Heart Health

Monday, Feb 3, 11:30 a.m. – 1 p.m.

The Center at Founders Village Senior and Community Center

Join Arfa Babaknia, M.D., a family medicine physician with MemorialCare Medical Group, to learn prevention strategies and treatment options for heart disease. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Fit & Fabulous Fashion Show

Monday, Feb 10, Noon – 3 p.m.

The Center at Founders Village Senior and Community Center

“You Ought to be in Pictures” is this year’s theme for the annual benefit fashion show featuring local models in trendy fashions. All proceeds will benefit senior programs in Fountain Valley. For ticket information and directions, please call The Center at Founders Village directly at (714) 593-4446.

Valentine’s Day Luncheon

Thursday, Feb 13, 11:30 a.m. – 1 p.m.

The Center at Founders Village Senior and Community Center

Orange Coast Memorial is delighted to partner with the City of Fountain Valley for this fun luncheon. For ticket information and directions, please call The Center at Founders Village directly at (714) 593-4446.

Nutrition and Exercise

Wednesday, Feb 19, 10:30 a.m. – Noon Palm Island Senior Apartments

No food or exercise is guaranteed to make us completely well, but nutrition and physical activity can play an important role. Join Michele Cooper, G.N.P., a geriatric nurse practitioner with MemorialCare Medical Group, as she discusses the health benefits of nutrition and exercise, as well as simple steps to getting started on a path to wellness. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Winter Dance

Friday, Feb 21, 7 – 9:30 p.m.

The Center at Founders Village Senior and Community Center

Edinger Medical Group, Orange Coast Memorial Medical Center and the City of Fountain Valley are partnering to bring you this fun-filled evening of dancing. Singles and couples are welcome. For ticket information and directions, please call The Center at Founders Village directly at (714) 593-4446.

Emergency Room Services: What You Can Expect

Wednesday, Feb 26, 11:30 a.m. – 1 p.m.

Orange Coast Memorial

When an emergency medical situation occurs, prompt medical treatment is crucial. Join Chief of Emergency Services at Orange Coast Memorial, Robert Realmuto, M.D.; lead Physician Assistant Kuljinder Dosanjh, PA-C; and Manager of Emergency Services, Efen Grospe, RN, as they discuss symptoms and conditions requiring emergency care, what services are available in the emergency room setting, and the difference between an urgent care center and the emergency room. Dr. Realmuto will also discuss expanding emergency medical services at Orange Coast Memorial. Bring your questions. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Free Diabetes Education Series

Wednesdays, Feb 19, Mar 19, Apr 16 4 – 5:30 p.m.

Orange Coast Memorial

This three-part series, taught by a certified diabetes educator and other clinical staff, will offer general information about type 2 diabetes, healthy eating and exercise, controlling diabetes and heart disease, and managing complications of diabetes. Reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).



The 14th Annual Orange Coast Memorial Foundation Golf Classic

MAY 5: Golf Classic

Monday, May 5

Registration: 9:30 – 11 a.m., Tee-Off: 11 a.m.

Mesa Verde Country Club

3000 Club House Road, Costa Mesa, CA 92626

For golf package prices and more information, or to register, visit memorialcare.org/ocmf or call (714) 378-7397.

A FOUNDATION OF CARE

through the Catalina Club



Ron Walker, Orange Coast Memorial patient and first Catalina Club member.

Realizing the community's growing need for life-saving emergency care, 71-year-old Ron Walker and his wife, Marilyn, recently became the first members of the Catalina Club at Orange Coast Memorial.

Ron retired after 31 years with the City of Long Beach and served on the Fountain Valley Planning Commission for the next 10 years, through 2013.

"Although I had no indication I would be in need of hospital care personally, I've always been a supporter of Orange Coast Memorial," says Ron. "As it turned out, I became a patient myself. Orange Coast Memorial provided outstanding care when I needed it most, so when I saw an invitation to join the Catalina Club in the last CareConnection, I wanted to give back."

SHORING UP EMERGENCY CAPACITY

In 2014, the Catalina Club will raise funds for a new, state-of-the-art Emergency Pavilion. With groundbreaking anticipated for this year, the Emergency Pavilion will feature 27 treatment areas, including private rooms and one suite exclusively for children. Plans call for five "fast track" stations for rapid medical evaluations,

bedside registrations through computers on wheels as well as a chapel and healing garden. Every measure has been taken to provide patients with the best care.

Orange Coast Memorial's Emergency Department treats more than 29,000 patients annually, and the demand for services grows each year. "Redesigning and enlarging the ER to twice its original size will be a true asset to the community," says Ron. "It happens when you least expect it. Any of us may need emergency care at any moment."

Those who wish to support the emergency care expansion as well as other exciting initiatives can join the Catalina Club for an annual gift of \$100 or more to the Orange Coast Memorial Foundation. Members will receive invitations to Orange Coast Memorial's exclusive events throughout the year.

Corporations can also become involved by becoming a Partner in Distinction. This elite membership offers recognition and networking opportunities while making a meaningful contribution to advance community health.

JOIN TODAY FOR HEALTHIER TOMORROWS

Please call the Orange Coast Memorial Foundation at (714) 378-7397 or visit memorialcare.org/ocmf to make your donation.



PARTNERS IN DISTINCTION



Clyde Cicotte sharing his patient experience.



Tim Helgeson, Orange Coast Memorial Board Chair and Partners in Distinction member, with Erin Hotra-Shinn and Paul Stimson.



Our newest Partners in Distinction members.

DANCE FOR PD PROGRAM

A step ahead of Parkinson's disease



Daniel Truong, M.D., director of the Parkinson's Program at Orange Coast Memorial, has contributed to more than 130 publications and has authored seven books on movement disorders and therapies. His latest book, Manual of Botulinum Toxin Therapy, published in seven languages, explains the application of the agent commonly known as Botox® for a wide variety of physical disorders.

A new dance class uniquely designed for people living with Parkinson's disease is promoting movement for well-being.

"Dancing is good medicine," says neurologist **Daniel Truong, M.D.**, an internationally known Parkinson's and movement disorders specialist at Orange Coast Memorial. "It promotes balance, spatial awareness and coordination while lifting spirits."

Parkinson's disease is a progressive disorder affecting more than one million Americans. While there is no cure, common symptoms for those afflicted include stiffness, tremors and impaired balance.

"Many patients shut down once they are diagnosed with Parkinson's disease," says Dr. Truong. "Our 'Dance for PD' program allows them to interact with others going through the same thing. They have fun while being proactive in maintaining and gaining function."

The Dance for Parkinson's class began at Orange Coast Memorial this past October. It is led by trained instructors and is modeled after the Dance for PD® program begun by the highly acclaimed New York-based Mark Morris Dance Group.

"Participants don't have to be great dancers or extroverts to enjoy the class. Whether in a wheelchair or standing, everyone moves at his or her own pace," adds Dr. Truong. "We're here to help people see that life doesn't have to stop if you have Parkinson's disease."

Men and women of all ages with Parkinson's disease are welcome to attend at no charge. To register, please call (714) 378-5022 or email tabrown@memorialcare.org.

ROAD TO RELIEF

Wayne's total knee replacement

To stay young, 82-year-old Huntington Beach resident Wayne Hagaman rides his Harley-Davidson motorcycle and exercises regularly at the gym. Last year, a painful arthritic knee made it hard for him to get on and off his bike. "I started needing a cane, so I decided it was time to repair my bad wheel," says Wayne.

Wayne had tried conservative methods to resolve the pain, with limited success. That's when his primary care doctor, **Joel Bartlett, M.D.**, referred him to see orthopedic surgeon **Ramy Elias, M.D.**

GEARING UP

The MemorialCare Joint Replacement Center offers patients a unique experience from pre-surgery to rehabilitation. The primary goal is to have patients move from surgery to rehabilitation as early as the day of or day after surgery. From weekly pre-operative education classes to group therapy sessions encouraging family member involvement, a personalized team of specialists ensures that patients are well informed and confident as they recover and resume their normal activities.

CLUTCH RECOVERY

"I had surgery on a Thursday and went home on Saturday morning. The day after my procedure, the hospital therapist had me walking. After just a few days, I had my range of motion back," says Wayne.

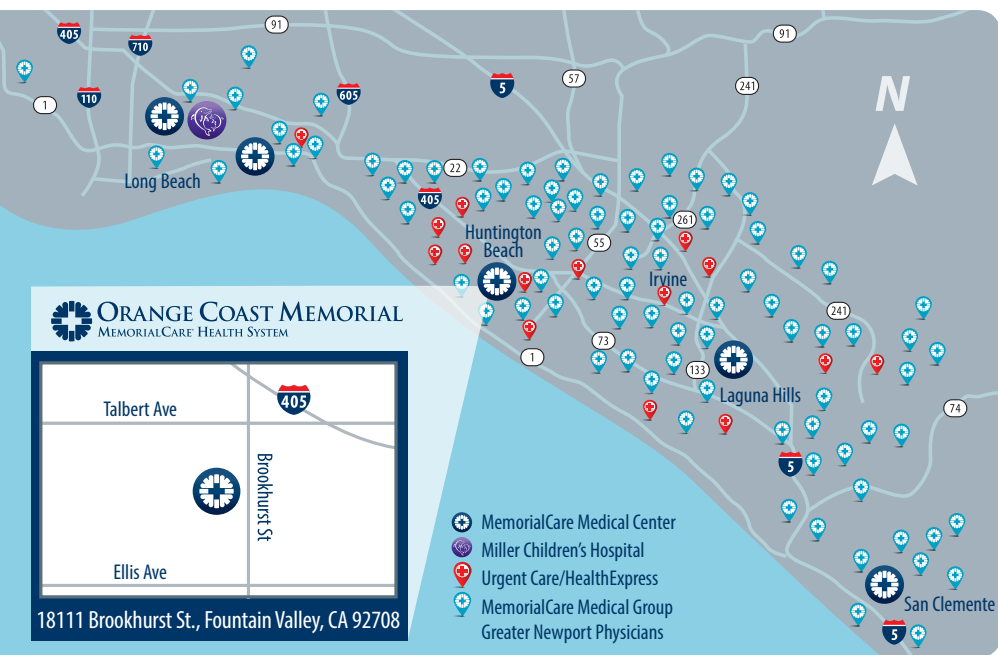
One month after his joint replacement surgery, Wayne was back on his

motorcycle. "The guys at the gym who had knee replacements years before were so impressed with my recovery," says Wayne. "I'm glad I can still enjoy the freedom of riding. I'm me again."

To make an appointment, please call the MemorialCare Joint Replacement Center at Orange Coast Memorial at (714) 378-7264 or visit memorialcare.org.



Wayne Hagaman, back on his Harley just one month after surgery.



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Orange Coast Memorial is a member of the not-for-profit MemorialCare Health System, an integrated delivery system that includes five other top hospitals – Long Beach Memorial, Miller Children's Hospital Long Beach, Community Hospital Long Beach, and Saddleback Memorial Laguna Hills and San Clemente; medical groups – MemorialCare Medical Group and Greater Newport Physicians; a health plan – Seaside Health Plan; and numerous outpatient health centers throughout the Southland including retail clinics, imaging centers and surgery centers.



Congratulations to Edinger Medical Group



California's Department of Managed Health Care annually bestows Right Care Initiative Awards to recognize excellence in patient care. Edinger Medical Group was recently honored as the 2013 Right Care Initiative Platinum Award recipient for exceptional quality in the care and prevention of heart disease, diabetes and stroke. Out of 200 medical groups throughout California, Edinger was one of only two medical groups to receive

this top Platinum distinction, the first of its kind. Edinger Medical Group had consecutively garnered top Gold Awards for the last two years.

Edinger Medical Group was named a Platinum Award winner for outstanding performance in the prevention of heart attack, stroke and diabetic complications.

Congratulations to Edinger Medical Group on the formal recognition of their outstanding care. They are conveniently located on the campus of Orange Coast Memorial Medical Center.



For more information about Edinger Medical Group physicians, please call (714) 965-2500, log on to edingermedicalgroup.com or scan this QR code from your smartphone.



Facebook "I HEART"

Do you enjoy riding your bicycle through the Santa Ana River Trail? Or hiking El Morro Canyon? Perhaps yoga at sunrise in Huntington Beach? Orange Coast Memorial's annual "I Heart" contest is here. Like – or heart – us on Facebook and simply share your favorite heart-healthy way to stay fit. You will be entered to

win a **\$250 Southwest Airlines gift card** to help you get closer to the activities and people you love most!



Scan this QR code with your smartphone to like us on Facebook or visit us at facebook.com/OrangeCoastMemorial.

TechConnection

ENCOURAGE EXCEPTIONAL PEOPLE



Share great experiences you've had with the staff at Orange Coast Memorial on Yelp.com. Your praise inspires our team!

SUBSCRIBE AND LISTEN



Would you like to know more about a health topic or tips to stay well? Tune in to MemorialCare's podcast! Each 10-minute, weekly segment will offer listeners practical, useful tips and advice for a lifetime of good health. From managing weight to keeping your heart beating strong, you'll find everything you need when it comes to your health on our station presented by credible, knowledgeable physicians and health experts. Visit memorialcare.org to learn more about our podcast and how to subscribe.

LIKE US. FOLLOW US. WATCH US.



Learn more about local health events, the latest medical technology and procedures, and how to lead a healthier life. Visit Orange Coast Memorial and all other MemorialCare sites on Facebook, Twitter and YouTube to join the conversation.